

# 2022 SPORTS4VETS THROWDOWN - WEEK 2

## *OPEN DIVISION*

### WORKOUT

As many rounds and repetitions as possible in 10mins of:

**5 Burpees**

**10 Dips**

**15 Sit-ups**



### WORKOUT DESCRIPTION

Athletes begin the event standing tall. Athletes will have ten (10) minutes to complete as many rounds and repetitions of the workout as possible. Athletes must complete all repetitions of the first movement before moving to the next movement. Athletes may rest as needed but must continue their work where they left off prior to resting.

### SCORING

Total repetitions completed in 10mins.

*Example: 4 complete rounds plus 10 dips = 135 reps*

Athletes are required to keep track of and submit their own score. A scorecard is provided to assist in keeping track. A best practice is to have an assistant help keep track of your rounds and repetitions.

Submit score on Competition Corner

(Link: <https://competitioncorner.net/events/6358>)

### MOVEMENT GUIDANCE

Athletes may consider modifying movements due to ability and to accommodate safe range of motion. Athletes in any division may modify either of the movements to a seated version. Refer to the Wheelchair Division standards for reference.

### EQUIPMENT

A box, chair, or another similar stable surface should be used for the dips.

### RISK MITIGATION

Safety is paramount. Athletes should not perform any movement that causes pain or could lead to injury.

Athletes may make modifications to the workout as needed regarding risk mitigation.

## MOVEMENT STANDARDS

### BURPEE

- Every repetition begins with the athlete standing tall.
- Athletes may jump or step back to reach the bottom position.
- In the bottom, the chest and thighs must touch the ground at the same time.
- The repetition is credited when the knees and hips are fully extended in a jump or standing position with the hands above or behind the head.
- A jump is not required.

### DIPS

- Every repetition begins with the athlete in a dip support position with the arms fully extended. Athletes may have their feet on the ground if using a chair or box.
- In the bottom, the shoulders must pass below the elbow and the hip must descend a similar distance (must not stay in same position).
- The repetition is credited when the athlete returns to a dip support position with the arms fully extended.

### SIT-UPS

- Every repetition begins with the athlete lying with their back and shoulders on the ground, and their hands touching the ground above the head.
- Athlete may use their arms to assist the sit-up.
- The repetition is credited when the athlete sits upright and touches their feet or ground in front of the feet.
- The use of an Abmat or similar lumbar support is permitted.

### MODIFICATIONS

#### RANGE OF MOTION:

- Athletes may perform a “no push-up” version.
- Athletes may perform the burpee to an elevated surface such as a box.

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**ASSISTANCE:** Athletes may grab their thighs for additional upper-body assistance.

# WEEK 2 SCORECARD

## OPEN DIVISION

As many rounds and repetitions as possible in 10mins of:

**5 Burpees**

**10 Dips**

**15 Sit-ups**

ROUND	5 BURPEES	10 DIPS	15 SIT-UPS
1	5	15	30
2	35	45	60
3	65	75	90
4	95	105	120
5	125	135	150
6	155	165	180
7	185	195	210
8	215	225	240
9	245	285	270
10	275	315	300

**Total Repetitions:** \_\_\_\_\_

Submit score on Competition Corner (link: <https://competitioncorner.net/events/6358>)



# WEEK 2 PREPARATION

## OVERVIEW

A training session is provided to prepare athletes for the scored workout by exposing them to the movements and intensity of the event. This training session is not required but athletes are encouraged to practice the movements before adding intensity.

## TRAINING SESSION PLAN

TIMELINE	ELEMENT	DESCRIPTION
0-5	Session Setup	<ul style="list-style-type: none"> <li>- Space to perform movements</li> <li>- Box or chair to perform dips</li> </ul>
5-10	Warm-Up	<b><u>General Warm-Up:</u></b> 15s neck rolls (each direction) 15s shoulder rolls (forwards/backwards) 15s arm circles (forwards/backwards) 15s shoulder twists (internal and external rotations) 15s arm back slaps
		<b><u>Specific Warm-Up (2 Rounds):</u></b> 15s jumping jacks 15s toe touch to overhead reach 15s push-ups
15-21	Training Session	<b><u>3 Rounds:</u></b> 30s Burpee 30s Dips 30s Sit-Ups 30s Rest
21-25	Cooldown & Recovery	<ul style="list-style-type: none"> <li>- 3mins: slow movement: walk or easy pace on a cardio machine</li> <li>- 2mins: Cooldown breathing (3s inhale, 3s hold, 3s exhale, 3s hold)</li> </ul> <i>*Stretch muscle groups used during your session</i>